



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Men's 4 on 4 Basketball League Rules and Information

Games are played at the following times subject to change based off number of teams:

1. Wednesdays at 7:30, 8:15 and 9:00
2. Thursdays at 7:30, 8:15 and 9:00

Team Rosters/Player Eligibility

1. Teams have an 8-player roster limit.
2. Team rosters are due & final by the 5th week. If they are not on the roster by then, player(s) will not play in the league or playoffs.
3. No player may play on more than 1 team.

Starting the Game/Forfeits

1. A team must have 4 legal players to start a game.
2. Forfeited games may be played with 3 players or by borrowing a player from another team. However, the game still results in a loss for that team.
3. **No games are postponed or made up.**
4. If you cannot put 4 players on the court as of 10 minutes from the scheduled start time, they must forfeit, unless the opposing team agrees to play with less.
5. **Full payment must be received before teams will be placed on the schedule.**

General Rules which apply

1. Alternating possessions-1st possession is determined by both teams. After that all jump balls are alternate.
2. Games will consist of two 20-minute halves. The clock will only stop during the last 2 minutes of the second half or the entire overtime unless team is up more than 20.
3. Overtime will consist of one 2-minute period.
4. Each team will receive 1 timeout per half, and 1 per overtime. They do not carryover.
5. After timeouts the offensive team gets the ball out top of the key on their offensive side of the court. No subbing on the fly! Subs will only be allowed for a dead ball on offense and cannot be used in order to advance the ball or in place of a timeout situation.
6. Offensive players call their own fouls.
7. There is a backcourt violation.
8. A player fouled in the act of shooting receives one point and the ball.
9. All fouls in the last 2 minutes of the game and overtime will result in 2 free throws, unless a player is fouled shooting a three, then 3 free throws are taken.
10. All other rules are normal basketball rules.

Standings-Tournament Tie-breakers

1. Record.
2. Head to head record.
3. Total points scored.

Player conduct and Responsibilities

1. Any player may be suspended from a game at any time for unsportsmanlike conduct. This will be decided by the Program Director. Players must remember they are in a family facility, and appropriate language and conduct is expected.
2. No drinking is allowed before or during the game. Players suspected of drinking prior to a game will be asked to leave.
3. Any player striking or attacking a player will be immediately ejected from the game. This goes for pushing, hitting, kicking, etc, and is decided by the Program Director's discretion.
4. **The Director may also make any decision they deem necessary for the integrity of the program.**

Results will be updated and posted weekly in the gym



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Men's Basketball League

Cost: \$175.00 per Team
Registration Deadline: April 1
Session: April 6 – June 22

Team Captain: _____ Captain's Phone: _____

Captain's E-mail: _____

I hereby certify that the below participants are in good health and capable of safe participation in the YMCA program. I assume all risks and hazards incidental to the conduct of this program. Where applicable, I hereby authorize the YMCA to obtain medical treatment for the above participants. I support the YMCA philosophy, which is based on participation, fun, physical fitness and health. **By signing this roster, you have agreed and understand the rules listed on the back of this page. Failure to follow these rules or abide by the YMCA's policies will result in suspension or termination from the league.**

Men's 4 on 4 Team Roster

	Name (Print)	Signature	T-shirt Size	Date
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____

Questions please contact Haley Angst at the Y @ 920-887-8811 or hangst@theydc.org



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I _____

(Captain print name)

read and understand the Men's 4 on 4 Basketball League rules. As a captain, I know that I am responsible for my team and my team will follow the rules together or disciplinary action may occur. I understand that the rules are meant for the integrity of the league along with the YMCA of Dodge County.

X _____ (Signature)

X _____ (Date)